

FREE DOWNLOAD

# 5 AI Prompts That Will Save You 5 Hours This Week

Copy, paste, and let AI handle the heavy lifting. Designed especially for busy moms.

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From Melissa Ryan | [Simple AI Mom](#)

[www.simpleaimom.com](http://www.simpleaimom.com)



## 5 Ready-to-Use Prompts Copy & paste into ChatGPT, Claude, or Gemini

### 1 The Meal Plan & Grocery List

*"Create a 5-day dinner meal plan for a busy family with [ages of kids]. Include easy, healthy recipes with 30-min cook times. Then make a categorized grocery list organized by store section."*

### 2 The Email Rewrite

*"Rewrite this email to be polite, clear, and concise. Make it sound friendly but professional. Keep the same core message but improve the tone and flow. Add a warm greeting and clear closing: [paste your draft here]"*

### 3 The Activity Planner

*"Suggest 5 fun, screen-free activities for kids aged [ages] using only household items. Include estimated time, mess level, and what skills each activity builds."*

### 4 The Bedtime Story

*"Write a 3-minute bedtime story about a [child's name] who [adventure topic]. Make it calming, with a gentle lesson about [value]. End with everyone cozy and safe."*

### 5 The Schedule Optimizer

*"Help me plan this week's schedule. I need to fit in: [list your commitments]. Find realistic time blocks for self-care, kids' activities, and focused work. Suggest a daily rhythm that feels doable. Flag any conflicts."*

### Pro Tip

Replace the [brackets] with your own details before pasting. The more specific you are, the better your results!

Save your favorite prompts in a Notes app so you can reuse them anytime.



## Want More Prompts Like These?

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I've got **44** more ready-to-use prompts inside my full course — covering meal planning, parenting, work, side hustles, self-care, and more.

Plus Canva templates, a 30-day plan, and a private community of moms learning AI together.

[Get the Full AI Starter Kit for Moms](#)

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Simple AI Mom | AI Made Easy for Busy Moms